



LUNCH RUSH
ART-IS-IN BAKERY
OFFERS UNIQUE
SANDWICHES {page 19}

A SELF-FULFILLING
PROPHECY
PESSIMISM'S BAD FOR
YOUR HEALTH {page 17}



FIRED SHEEN GETS CUT FROM TWO AND A HALF MEN {page 13}



OTTAWA

metro

Tuesday, March 8, 2011
www.metronews.ca



News worth sharing.

Genies attract some big names

- Musical guests include Kardinal Offishall, Melissa Etheridge, Serena Ryder
- Hosting awards helps show Ottawa's more than 'just a government town': Mayor



► Mayor Jim Watson and CBC Ottawa's Lucy van Oldenbarneveld at yesterday's Genie announcements.

 STEVE
COLLINS
@METRONEWS.CA

Actors Jodelle Ferland (*Twilight: Eclipse*) and Bruce Greenwood (*Barney's Version*), screen veterans Gordon Pinsent and Remy Girard and CBC hosts George Stroum-

bopoulos and Jian Ghomeshi will be among the special guests at the 31st annual Genie Awards, broadcasting live from Ottawa Thursday night.

This year's Canadian film awards, staged at the NAC, also feature a free Fan Zone

outside the venue where everyone is free to show up between 1 and 3 p.m. to grab a spot for red-carpet celeb-spotting.

Genie host William Shatner will pick two people from the crowd and beam them inside to attend the ceremony.

Politics

Attacking culture of attack ads

- Green party releases ad encouraging people to reject negative political advertising
- Using social media to spread message {page 6}

Women left out after the recession

Majority of jobs
during recovery
went to men
{page 15}



In celebration of women

How far we've come over the
past 100 years {pages 14, 20}

Royals focus on Operation Kate

Trying to generate public love
after release of photos {page 7}

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Police balance budget cap with keeping city safe

The Ottawa police will freeze new hires, replace only some retiring members and push back work on capital projects to meet a 2.5 per cent tax cap.

The Ottawa Police Services Board approved the police budget yesterday, which would cost the average household \$12 more this year.

"I think the chief and the board and his staff did a very good job at coming up with a balanced approach, meeting council's objective of 2.5 per cent but also still providing a good level of safety and security for our residents," said Mayor Jim Watson.

Chief Vern White said holding that line will get tougher in coming years.

"Anybody can hold their breath for 30 seconds," he said. "This is about two and a half minutes. It's a little more difficult."

• STEVE COLLINS



JOE LOFARO/METRO

Seniors at risk for online fraud

► **Fantino:** Seniors fastest-growing group of Internet users ► **Easy targets for fraud because they own mortgage-free homes, have good credit ratings**



STEVE COLLINS/FOR METRO

 **JOE LOFARO**
@METRONEWS.CA

As the number of seniors who spend time online increases, so does the number of potential victims of fraud in Canada, says Julian Fantino, Minister of State for Seniors.

"Our government has demonstrated a strong commitment to seniors and to combating elder abuse in all of its forms, including financial abuse,"

Fantino said yesterday during a fraud prevention conference at the Chateau Laurier.

The government is expanding its program Elder Abuse: It's Time to Face the Reality by reaching out to social workers and the banking industry to discuss financial abuse of the elderly.

"I've asked them to work with the government to develop the tools to train their workers, to recognize potential abuse

... and how to go about reporting it," he said.

In the RCMP's fight against elderly fraud, Corporal Louis Robertson said he sees a lot of grandparent scams, whereby a fraudster poses as an elderly person's grandchild over the phone asking for an urgent loan.

"Can you imagine somebody receiving a phone call like that at 2 a.m., you're half awake? It's a scam that really, really works," he said.

Fraud prevention

- For Fraud Prevention Month, Ottawa is hosting its first fraud-prevention conference.
- The two-day event includes speeches and presentations from Microsoft, Visa, RCMP and the City of London, U.K., police.
- Delegates will learn about the state of fraud and shared recommendations that partners in fraud prevention can implement.

1
news



A father describes the emotional toll of raising a premature baby. Scan the code for the story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web:

Allan Small on why it's still too early to get overly worried about oil. More at metronews.ca/investing

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A laugh for women's rights

- Show hosted by comic Martha Chaves to feature Bollywood for Fun, Rockalily Burlesque
- Promoters donating 25% of ticket sales to the Immigrant Women Services Ottawa

The fight for women's equality is serious, but tonight a group of female performers will celebrate the 100th anniversary of International Women's Day

with comedy.

"It's going to be a fun night," said Kate Davis, the headlining comic at Shattered Ceiling, a concert that also includes bur-

lesque, music, dance and spoken word being held at the Mayfair Theatre in support of Immigrant Women Services Ottawa.

Jennifer Hayward of JHS

Promotions and Consulting said her firm has had success with shows featuring female comics and that it seemed the perfect way to mark the day.

The show starts at 7 p.m. and tickets are available at Singing Pebble Books, Mother Tongue Books, Yuk Yuk's Ottawa and at the door. ● SEAN MCKIBBON

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Immigrant women's aid focuses on abuse

420 Of 2,220 women helped by the Immigrant Women's Services Ottawa, 420 were seeking help with domestic abuse.

abuse, talk to police and find shelter.

As she prepared to mark International Women's Day, Spencer said that while the day is an opportunity to look back at the achievements of women it's also a time to recognize there is more to do.

"We have not achieved equality or we would not have to have this service," Spencer said. "We still have so many victims of violence, so many perpetrators involved with the law. We have not yet achieved equality."

● SEAN MCKIBBON

SEAN MCKIBBON/METRO



► Lucy Spencer, executive director of Immigrant Women Services Ottawa

Anti-abortion club sues Carleton

ness Project, is to engage the community in a dialogue about abortion.

The statement of claim issued by the group's lawyer says the university discriminated against Carleton Lifeline and violated the students' freedom of expression.

In addition to money, the club is asking for the university to admit that it has breached its own discrimination policy.

In a written statement, the university says it will defend itself "vigorously" against the claim.

The university says it was trying to balance the club's right to free speech with the desire to let members of the community choose whether or not they wish to see the graphic images. THE CANADIAN PRESS

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CRISIS IN LIBYA

Gadhafi hits from above

Repeated airstrikes by Libyan warplanes yesterday illustrated the edge Moammar Gadhafi holds in his fight against rebel forces marching toward the capital: He controls the air.

After pleading from the uprising's leaders, Britain and France began drafting a UN resolution for a no-fly zone in Libya that could balance the scales.

Libyan warplanes launched multiple airstrikes yesterday on

opposition fighters regrouping at the oil port of Ras Lanouf on the Mediterranean coast a day after they were driven back by a heavy government counteroffensive Sunday aimed at stopping the rebel drive toward Tripoli, Gadhafi's stronghold.

The rebels can take on "the rockets and the tanks, but not Gadhafi's air force," said Ali Suleiman, a rebel fighter. "We don't want a foreign military intervention, but we do want a no-fly zone."

Over the weekend, Gadhafi's forces unleashed their strongest use of airpower yet in the nearly three-week-old uprising.

THE ASSOCIATED PRESS

Rae calls for rebel talks

Liberal MP Bob Rae says the Harper government should be talking to Libyan rebels fighting Moammar Gadhafi.

The National Libyan Council has now positioned itself as the political branch of the anti-Gadhafi forces.

Rae also wants closer Canadian ties with the Arab League and the African Union.

The foreign affairs critic says the government needs to engage those organizations in order to put extra pressure on Gadhafi.

THE CANADIAN PRESS

Dangling boat irks officials

It's got all the hallmarks of a prank by engineering students — a motor boat was suspended from the Bennett Bridge over Okanagan Lake at Kelowna, B.C., yesterday.

The boat is named Maria, with the driver's seat occupied by a replica of the legendary Okanagan Lake monster Ogopogo.

Transportation Ministry spokesman Murray Tekano says the dangling boat may seem funny, but he's not laughing, calling it a foolish thing to do.

THE CANADIAN PRESS

Green Party launches attack on attack ads

► Campaign encourages Canadians to reject negative political ads ► Commercials airing this week on TV



► Green Party Leader Elizabeth May, right, looks on as her deputy leader, Adriane Carr, unveils their new ads.

The Green party is going on the attack — against attack ads.

Green Leader Elizabeth May has unveiled a 30-second spot that spoofs political attack ads, complete with a militaristic drum roll and ominous voice-over.

"Tired of the name-calling? Smear campaigns? Mudslinging? Are you disgusted with the state of Canadian politics?" the narrator intones. "This does not represent our Canada. It doesn't have to be like this."

May told a news conference yesterday that the ad is meant to encourage people to "change the channel" on negative political ads.

THE CANADIAN PRESS

On the attack

Green Party Leader Elizabeth May acknowledges the send-up isn't meant to sway Canadians to vote Green.

- She said the party felt compelled to push back against negative ads after a recent round of Conservative attacks on Liberal Leader Michael Ignatieff.
- Those since-yanked ads prompted torrent of criticism.

ical advertising.

"We do not have to accept a contaminated, vitriolic, rabidly partisan, unpleasant political culture," she said. "It is not part of democracy."

The Greens are spending less than \$10,000 to run the ad on the television networks CBC, CTV and TVA. It will air three times this week, although May didn't rule out a longer run.

The party has also launched a social media campaign on Facebook and Twitter encouraging people to "change the channel" on negative political ads.

THE CANADIAN PRESS

Hostage drama heats up as ship arrives

A warship appeared yesterday off the Somali coast near the location where seven Danish hostages are being held, but a Somali official warned that any rescue attempt could endanger the hostages.

The Danish family — a couple and their three chil-

dren — were captured by pirates Feb. 24 in the Indian Ocean. Pirates say the Danes, including two crew members, have since been moved to Somalia's mainland.

Said Aden Ali, the mayor of the coastal village of Bandarbeyla, said he

feared a military might launch a rescue attempt.

"Military actions should be the last resort. We're trying to solve the problem in a peaceful manner and with the help of clan elders."

Ali said the Danes are being held in a mountain-

ous area. Their captors, he said, only want money and will not pursue violence unless they feel threatened.

Piracy has blossomed off East Africa despite the presence of an international flotilla of warships.

THE CANADIAN PRESS

Class of 2011: Ready or Not?

Is the class of 2011 ready for the next phase in life?
This week on *Ottawa Morning* 91.5 FM, *CBC News Ottawa* at 5, 5:30 and 6pm on *CBC Television* and online at cbc.ca/ottawa.



Family photos show Kate over the years

► Kate Middleton's family photos go online, part of palace media blitz ahead of royal wedding

It's impossible not to like the new childhood pictures of Kate Middleton — and that's just how Buckingham Palace wants it.

Whether she is frolicking outdoors at age three, flashing a winning smile at five, hugging a jubilant boyfriend — Prince William — on their joint graduation day, Britain's future queen is an irresistible lassie.

Yesterday's release of photos and information is designed to make Middleton's storybook life seem more accessible, but it is not damage control. Middleton's image does not need repair. She is already popular — her recent appearances with William have been quite successful, and she has shown an easy touch when relating to the public.

The photos released yesterday from the Middleton family album simply show a picture-perfect princess in the making: a pigtailed toddler, a smiling child, a family vacation shot and a healthy, wholesome beauty graduating from the University of St. Andrews's in Scotland.

The palace photo package also included an official Middleton mini-biography laced with deep insights into the woman-who-would-be-queen, including that she likes to sail and enjoys going for walks.

THE ASSOCIATED PRESS



Images released yesterday by the Middleton family: 1. Kate Middleton, aged four, on left with her father and sister Pippa in Jerash, Jordan. 2. Kate Middleton at age five. 3. Kate Middleton, aged three and a half, on holiday in England's Lake District. 4. Kate Middleton following her graduation from St. Andrews University in Scotland. 5. Prince William and Kate Middleton pose together following their graduation from the University of St. Andrews in Scotland on June 23, 2005.

TIES TO SEX OFFENDER

Fergie and her prince under fire

Prince Andrew and his ex-wife Sarah Ferguson were in the spotlight yesterday for their ties to a wealthy U.S. sex offender — he for being pictured with an underage masseuse at the man's home and she for accepting money from the American to help pay off

her massive debts.

Andrew's ex-wife, Sarah, Duchess of York, confirmed that she did receive financial help from convicted U.S. sex offender Jeffrey Epstein. But she claimed to have known nothing about his background and vowed to repay the 15,000 pounds (\$24,500 US) he advanced to settle a debt to her former personal assistant, Johnny O'Sullivan.

"I am just so contrite I cannot say," the duchess

was quoted as saying. "Whenever I can I will repay the money."

Over the weekend, British newspapers carried photographs of Andrew with his arm around a young woman who now claims to be one of Epstein's underage victims. There has been no suggestion, however, that Andrew was involved in inappropriate relationships with underage women.

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► Ferguson



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Fur flies over ferrets

California and Hawaii are the only states that ban residents from keeping ferrets as pets. California ferret owners have been pushing for legalization for more than 20 years but so far have failed to convince state wildlife regulators and lawmakers to take ferrets off the list of prohibited wild animals.

Rescue capsule brings Chilean pride to Toronto

Canadians who were transfixed by the rescue of 33 Chilean miners trapped underground last year now have a chance to get closer to the drama.

One of the rescue capsules built to extract the men from 700 metres of rock in October made its North American debut in Toronto Sunday, displayed at the Prospectors and Developers Association of Canada's international convention.

The metal capsule was painted in Chile's national colours of white, red and blue with scratches and streaks of rust marking its

journey into the depths of the earth.

The 53-centimetre wide, bullet-shaped pod was something of a celebrity at the convention, commanding a constant crowd which included Chile's Minister of Mining Laurence Golborne, who led the team responsible for the rescue.

"This capsule represents the Chilean people," said Golborne as he stood before the capsule that has been named the Fenix. "We never gave up and we fight until we obtain what we got. In this case we rescued our countrymen that

were trapped."

Golborne added that the capsule, which helped bring the miners to the surface after 69 days trapped in the San Jose mine, marked a significant chapter in Chile's history.

"It was a very, very emotive moment," he said of the capsule's rescue mission. "A moment of union, a moment of strength."

The rescue capsule is on display until tomorrow, after which it will make its way to the Smithsonian Museum in Washington, D.C.

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SEVEN HABITS OF THE HOPELESSLY SINGLE

She says ...

JESSICA NAPIER



At first it was fun being the token single pal, recounting your hilarious dating adventures for your boring coupled-up friends.

But after a while the drama gets tiring and now that everybody is settling down you're starting to wonder — why am I still single?

Now you're one more disastrous date away from retiring your heels and giving up for good. But before you slip into a bathrobe and adopt a family of stray cats think about what you might be doing to inadvertently sabotage your love life.

You jump into bed right away. Sexual chemistry is an important part of any relationship, but doing the deed too soon doesn't give you

a chance to learn each other's last names let alone your hopes and dreams. If you're looking for a relationship that extends beyond the bedroom, try getting to know each other before getting undressed.

You're still in love with your ex: Stop comparing everyone to "the one that got away" and remember: it didn't work out for a reason. Delete phone numbers, cease all e-stalking activity and move on.

You're too nice: Being perpetually agreeable is both boring and a major turn-off. Dial back your desperation for approval and don't be

afraid to be opinionated.

"If your opinion on last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date."

postmodern feminist literature or Farmville. A unique passion makes you interesting; it can also mean you have a one-dimensional personality. If your opinion on last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date.

You're shallow: High standards are fine; a long checklist of unrealistic expectations is outrageous. Focusing on the superficial not only makes you a jerk, it means you'll miss out on a potential romance just because he or she isn't tall enough, blond enough, rich, etc. Remember: no one is perfect. Not even you.

 **Read more of Jessica Napier's columns at metroneWS.ca/shesays**

Cartoon

MICHAEL DE ADDER

THEY ARE EFFECTIVE.



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Concern over contraband

Letters & Tweets

TORONTO. The McGuinty government's decision to shelf tougher anti-crime contraband tobacco legislation is surely being celebrated by organized-crime groups throughout the province.

Ontario, the province that has done the least to combat contraband, but has the worst contraband problem, seems to be content to live with a situation in which 175 organized-crime groups continue to profit by selling illegal cigarettes — often to kids.

In late 2010, the Centre for Addiction and Mental Health revealed that contraband tobacco accounts for 43 per cent of

McGuinty's controversial choice



all cigarettes consumed by Ontario high school daily smokers in Grades 9 to 12. A clear sign these cheap illegal cigarettes are undermining the government's efforts to reduce youth smoking.

The same criminal groups involved in this trade are also using profits they earn from selling contraband tobacco to fund

other serious criminal activities like trafficking in guns and drugs.

Despite the complexity of the problem, other provincial governments have passed legislation to fight contraband tobacco. In particular, Quebec's Bill 59 increased penalties and enforcement powers.

GARY GRANT, NATIONAL COALITION AGAINST CONTRABAND TOBACCO

Is Charlie Sheen acting like this for publicity?

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Metro Minute with Orchestra Week

Get your classical music fix for free during the fifth annual National Arts Centre Orchestra Week.

The entire 50-member NAC orchestra will perform a free concert at noon today in the food court of Place du Centre in Gatineau (200 Promenade de Portage) and another tomorrow in Jean Pigott Hall at city hall, where Mayor Jim Watson will proclaim NAC Orches-

tra Week.

In both concerts, Richard Lee will lead the orchestra in a 30-minute program featuring Mozart's Overture to The Marriage of Figaro; Dvorák's Serenade for Strings (2nd movement); Haydn's Trumpet Concerto (3rd movement); and Beethoven's Seventh Symphony (4th movement).

METRO



► Check out National Arts Centre Orchestra Week.

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Slowing trend in housing continues

► The number of new homes built this year will decline to about 170,000 from last year's 192,000, says CIBC forecast

Canada's housing market has peaked and is showing signs of bottoming out, but that may be a good thing, economists say.

Analysts are expecting soft news for housing this week with the release of the latest Statistics Canada data on housing starts and new home prices, both expected to show a flat or declining trendline.

But economists say a downward adjustment is necessary because "it puts Canada's housing market on a more sustainable path," said Krishen Rangasamy, an analyst with CIBC World Markets. That means housing prices and affordability ratios that are in line with income growth, not above.

After a strong rebound

"I think a downward adjustment needs to take place to bring fundamentals back to sustainable levels."

GORICA DJERIC, ECONOMIST, SCOTIA CAPITAL

that began even before the recession was declared over, housing has been the bedrock on which Canada's recovery has depended, particularly in the private sector. But growth in the sector began flattening last spring and has been mixed ever since.

While housing may be a drag on economic growth this year, economist Gorica Djeric of Scotia Capital says she sees no evidence of a crash looming.

And the economy can cope with a modest housing downturn, she says,

since the recovery is finding new triggers of growth, particularly exports and business investment.

The Bank of Canada and several private-sector economists have been warning for months about a too-hot housing market fuelled by low interest rates that make it easier for Canadians to finance home purchases. The worry is that when interest rates return to normal, many of the new buyers will no longer be able to pay their mortgages.

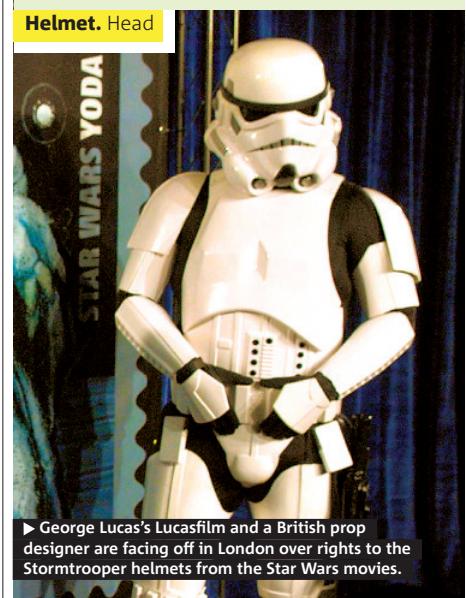
Finance Minister Jim Flaherty announced stricter

Home truths

- The value of building permits issued by municipalities — a forerunner of construction activity — fell sharply in January by 5.1 per cent to \$5.4 billion.
- Much of the decline occurred in the non-residential sector, which fell for the third straight month to \$1.7 billion, down 13.3 per cent.
- Home building permits dropped 0.9 per cent to \$3.7 billion after a strong December.

lending requirements this year in an effort to dissuade marginal buyers. The rules come into effect this month.

THE CANADIAN PRESS



► George Lucas's Lucasfilm and a British prop designer are facing off in London over rights to the Stormtrooper helmets from the Star Wars movies.

PETER KRAMER/THE ASSOCIATED PRESS

Lucasfilm strikes back

The man who created the famed white helmets for the Star Wars films is fighting for the right to sell replica costumes over the Internet. Andrew Ainsworth sculpted the galactic headwear for the original movie in 1977. Now George Lucas's Lucasfilm Ltd. is asking the British High Court in London to rule on whether U.S. copyright on three-dimensional works can be enforced in England.

Dollar falls as oil soars, markets tumble

The Canadian dollar closed lower against the U.S. currency yesterday as oil prices remained volatile and nervous investors looked for safety in gold.

Oil prices continued to rise as fighting in Libya intensified over the weekend, raising fears that the conflict won't be over anytime soon.

There has been a great deal of nervousness that the widening unrest in the biggest oil producer in

Africa could spread to other oil-rich countries in the Middle East, sending prices up substantially from just under \$90 US on Feb. 18.

"Oil is an important driver for the Canadian dollar," said Camilla Sutton, chief currency strategist at Scotia Capital. "Oil currently holds the tightest correlation with the currency."

Meanwhile, world stock markets slid yesterday, pressured by worries



► A worker checks operations last month at the Brega oil complex in eastern Libya. That was before violent upheaval sent oil prices soaring and stock markets plummeting.

HUSSEIN MALLA/THE ASSOCIATED PRESS

that global economic growth will slow as oil prices climb.

In international currencies, the U.S. dollar moved up against the euro but fell against the yen.

The European debt crisis was also in focus yesterday after Moody's Investor Services slashed Greece's rating by three notches and said the country may have to restructure despite a \$154-billion bailout last May.

THE CANADIAN PRESS

Market moment

TSX	Dollar
-160.42 (14,092.35)	-0.12¢ (102.79¢ US)
Oil	Natural gas
	1,000 cu ft \$3.927 US (+11.8¢ US)
+ \$1.02 US (\$105.44 US)	Gold contracts \$1,434.50 US (+ \$5.90)

Electrical problem sparks Civic recall

Honda Motor Co. is recalling more than 35,000 Civic hybrids in the United States to fix a problem with the electrical system that could cause the headlights to turn off or the engine to stall.

Honda Canada had already announced last week that it is recalling 2,064 Civic hybrids from model years 2006 through 2007 to replace the DC-to-DC converter, part of the Integrated Motor Assist hybrid control system.

Honda says the U.S. recall covers 2006-2007 model year Civic hybrids.

The company says the voltage converter that relays power from the motor assist system to the vehicle's electrical components could fail.

Honda told the U.S. government it had received seven reports of stalling engines and 82 warranty claims connected to the problem. The recall is expected to begin in mid-March. THE ASSOCIATED PRESS

Hedge-fund trial set for kickoff

The insider-trading trial of one-time billionaire Raj Rajaratnam gets underway today in New York City and is expected to offer a rare look at the seamier side of Wall Street.

Rajaratnam, 53, former head of the Galleon Group hedge funds, was arrested in October 2009 in what U.S. attorney Preet Bharara called the largest hedge-fund insider-trading case in history, and the first white-collar prosecution to make



extensive use of wiretaps. Since then, charges have been brought against more than two dozen others, and 19 of them have pleaded guilty. THE ASSOCIATED PRESS

BCE purchase of CTV gets approval

Telecom giant BCE Inc. has won approval to take complete command of CTV-globemedia in a move that further integrates Canada's broadcasting industry.

The Canada Radio-television and Telecommunications Commission gave the green light to the \$1.3-billion purchase, but put a major condition on the approval: It ordered BCE to invest \$245 million in the Canadian broadcasting industry, including \$100 million to commission independently produced

programs of national interest, such as drama and comedy series.

As well, it said money under the "tangible benefits" package should be spent on allowing satellite carriage for at least 43 additional television services, sustain the financially troubled A-Channel stations for at least three years and enhance local news programming in several cities.

The acquisition is expected to close early in the second quarter.

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2

scene

Scene in brief



Justin Bieber is getting a pair of his shoes enshrined at the Bata Shoe Museum in Toronto.

The Stratford, Ont., native's shoes will be on display in the museum's main space next week, during March Break.

After that, the 17-year-old pop star's shoes will be exhibited in the celebrity gallery, alongside footwear from other Juno Award-winners.

Bieber has also donated a pair of kicks — purple Nikes — to the Stratford Northwestern Secondary School to be auctioned off on eBay.

The autographed shoes are being sold, individually, to help the school build a broadcasting and communications studio.

THE CANADIAN PRESS



► Aaron Eckhart stars as U.S. marine Staff Sgt. Michael Nantz in the alien invasion film *Battle: Los Angeles*, which opens this Friday.

Eckhart stays true to the marine spirit

► **Battle: Los Angeles** star took the U.S. marine's motto *Semper Fidelis* (always faithful) to heart, as he never broke character during shooting



NED EHRBAR

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METRO WORLD NEWS IN LOS ANGELES

Battle: Los Angeles may seem like a big-budget popcorn movie, but star Aaron Eckhart wasn't about to approach it that way.

"If I'm going to do a sci-fi movie, I want it to be real," Eckhart says. "I want it to be believable, like documentary filmmaking. I want you to think you're at war. And I thought the only way to do that was to be in character."

He's not exaggerating. According to Eckhart — and corroborated by his costars — the Dark Knight

and Thank You for Smoking star stayed in character as U.S. marine Staff Sgt. Michael Nantz throughout filming. "For example, I broke my arm making the movie and didn't stop filming, and didn't tell those guys," he says. "Never gave them an excuse to wimp out, to cry, because that's not what marines do."

Eckhart admits such an intense working style isn't for everyone — and didn't win him a ton of friends.

"These guys probably hated my guts because I was in character all the time, 100 per cent," he says. "I gave everything to this movie — probably to my social detriment. But I

didn't care about that. All I cared about was this movie. It meant so much to me." It's a working style that he prefers. "If I can, I'd always stay in character. It's just easier that way. That doesn't mean you can't laugh and have good times, because every character has all those facets of his personality."

Eckhart even kept at it during the film's pre-shoot boot camp. "I didn't let them get too close to me, and I busted them down," he says of his young costars. "I put them through their paces and made them hurt."

Now that Eckhart has had a taste of big-budget

popcorn fun, is he ready for more?

"No, no. But I would like to make a sequel to this movie," he says.

Still, Eckhart might be taking a break from smaller films like Rabbit Hole and Love Happens for the time-being, thanks to his *Battle: Los Angeles* experience.

"I'd like to make a western, that would be good," he says.

"You know, a hard-core western like this, where it's real real. Anything where it's real. I wish I had been in *Black Hawk Down*, or *Apocalypse Now*. I don't want to be in wimpier movies."

Alien encounters

The star of *Battle: Los Angeles* Aaron Eckhart has some "experience" with aliens.

► **Unidentified.** Aaron Eckhart had a close encounter of his own when he was a young man, which may have uniquely prepared him for *Battle: Los Angeles*. "I saw something in the sky. I must've been 22, 23," he remembers. "It was unidentified because I don't know what it was, I don't know if it was aliens. I mean, it was insane. I'm not doubting that I saw it, because I saw it, there's no doubt in my mind. But I don't know what it was."

DVD Releases this week



Doc doesn't pull punches

Inside Job

Genre: Documentary
Director: Charles Ferguson
●●●●

Buy it ●●●●● | **Rent it** ●●●● | **Borrow it** ●●● | **Yawn** ●● | **Don't bother** ●●

The cost to date of the 2008 money meltdown is more than \$20 trillion worldwide, with millions of people losing their jobs and homes. The end is still far from sight, but thanks to Charles Ferguson, a filmmaker and journalist par excellence, the beginning is now much more in focus.

Inside Job, the recent Oscar winner for Best Documentary Feature, is Ferguson's masterful account of the roots of this sorry affair. It names names, points fingers and takes no prisoners in its scathing

dissection of what Ferguson persuasively calls "a completely avoidable crisis" — one sparked by the greed and malfeasance of financial cowboys and their stooges in politics and academia.

Where other films have played the Great Recession for bitter laughs (Michael Moore's *Capitalism: A Love Story*) or overripe drama (*Oliver Stone's Wall Street 2: Money Never Sleeps*), Inside Job approaches the topic as both a detective story and a history lesson.

● PETER HOWELL



Morning Glory

Genre: Comedy
Director: Roger Michell
Stars: Rachel McAdams, Harrison Ford and Diane Keaton
●●½

It doesn't pay to have a good memory or high standards when appraising this fitfully amusing broadcast satire that unfortunately invites comparisons to sharper times and pens. *Morning Glory* can only approximate those successes — even though Rachel McAdams would make an excellent Mary Richards, Harrison Ford a decent Lou Grant and Diane Keaton an intriguing hybrid of Ted Baxter and Sue Ann Nivens. ● PETER HOWELL



Is too much Sheen harmful — for Sheen? Critics and psychologists weigh in. Scan or visit metroneWS.ca for story.



► George Michael

No more 'faith'? Michael dumped by partner: Report

George Michael's troubles never end.

The 47-year-old former Wham! singer, who's been convicted of drunk driving more than a few times, and has called himself "the poster boy for cannabis," has been left by his longtime boyfriend, Kenny Goss, 51, according to the U.K.'s The Sun.

"The writing has been on the wall for some time," a source told the newspaper.

"There are only so many second chances Kenny was prepared to give. He's been loyal to George from Day 1, but that hasn't always been reciprocated."

● METRO

Sheen gets the axe

► Embattled actor fired from Two and a Half Men

Charlie Sheen was fired yesterday from Two and a Half Men by Warner Bros. Television following repeated misbehaviour and weeks of the actor's angry, often-manic media campaign against his studio bosses.

The action was taken after "careful consideration" and is effective immediately, the studio said in a statement. No decision has been made on the show's future without its star, said Paul McGuire, a Warner spokesman.

The actor, who has used TV, radio and social media to create a big megaphone for

himself, was not silent for long.

In a text to The Associated Press, Sheen responded, with the F-word

and "They lose," followed by the word "Trolls."

Asked if he planned to sue, Sheen texted back, "Big." As for his next move, Sheen texted, "A big one."

THE ASSOCIATED PRESS



Guy Richie expecting a baby



► Guy Richie

Madonna's sons Rocco (biological) and David (adopted) can expect a half-brother. Their dad, director Guy Richie (Sherlock Holmes), is expecting a baby with his girlfriend, British model

Jacqui Ainsley, according to News of the World.

When not procreating, the filmmaker is currently at work on the sequel, Sherlock Holmes: A Game of Shadows.

● METRO

Celebrity tweets



Rihanna
[@Rihanna]
Sydney, u rock so hard!! SO much

FUN 2nt...I wore me out!! Now I gotta muster up some energy 2 go flash my tits for beads.



Adam
Levine

[@adamlevine] This new song of ours is insane. Bananas. Gangbusters. Ghost Busters



P. Diddy
[@Pdiddy]
Logic will get you from A to B. Imagination will take you everywhere.



Conan
O'Brien
[@ConanOBrien]

If Charlie Sheen follows me, I win. (Update) It's official: @charliesheen is following me on Twitter, so I win. Charlie, I'm sending over a van to collect the goddesses. ● METRO

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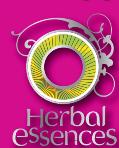
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3 life

Quoted



"If I had stayed in South Africa, I'd probably have become a victim, too. Everybody can, and so can their mother and sister. But that's not the reason I'm involved ... I just feel very strongly about my country's rape crisis."

ACTRESS AND UN
AMBASSADOR CHARLIZE
THERON ON RAPE IN HER
HOMELAND AND HOW
MORE ATTENTION NEEDS
TO BE PAID TO STOPPING
THE CRISIS



Scan this code to learn about a group called The Elders which is trying to stop child marriage.

Equality fight not over

► Women of Canada have made large strides and great accomplishments, but gender differences are still 'huge' ► Equal wages, sexual violence and the glass ceiling still problems

International Women's Day



As we mark International Women's Day, it's only natural the names of our own female heroes spring to mind.

First big shout should go out to Canada's eternal feminist: Manitoba's Nellie McClung fought hard to enshrine women, getting them legally recognized in 1929 as "persons," an elevation in status that meant women gained rights similar to those of men.

The battle's not over though. Even some 80 years later, things are far from 50-50, according to University of British Columbia professor Mary Bryson. A wide gender gap still exists with respect to wages, the representation of women in board rooms and with women being the predominant victims of sexual violence, she says.



► Nancy Greene, who won a gold and silver medal at the 1968 Winter Olympics, seen here as part of the 2010 Olympic torch relay is just one of many great Canadian women.



► Nellie McClung

• Dr. Elizabeth Bagshaw, one of Canada's first doctors and women's health advocates.

• Lucy Maud Montgomery, author of Anne of Green Gables.

• Kenojuak Ashevak, pioneer of modern Inuit art.

• Michaëlle Jean, Canadian journalist and 27th Governor General of Canada.

• Roberta Bondar, first Canadian woman in space.

• Sue Johnson, sex educator. THE CANADIAN PRESS

"Many Canadians feel we've eradicated gender difference and that's far from the case," says Bryson, who teaches gender and sexuality studies. "The differences are still huge."

Of course, it's vital that

we continue to wave the equality banner, says Bryson, and salute those female champions who paved the road before us. Here are a few:

• Agnes Macphail, first woman to sit in the House of Commons.

• Senator Anne Cools, the first person of colour appointed to the Canadian Senate (1984).

• Pauline Johnson, first native poet to have her work published.

• Nancy Greene, champion alpine skier.

60 seconds



SOPHIE GRÉGOIRE-TRUDEAU

"THERE'S STILL WORK TO DO"

The eTalk reporter has teamed up with Plan Canada's Because I am a Girl campaign to raise awareness about female issues both here and around the globe.

What does this particular cause mean to you?

When you look at the most disadvantaged people, the poorest people on this planet, you're looking at women and children. Anything that

has to do with women's causes is close to my heart, so when Because I'm a Girl came to me, it was just a total fit. I thought the work they were doing was incredible, not only on an international level, but how they're reaching out to millions of girls here in our own country.

If you could change one thing about the state of women and girls around the

world, what would it be?

I would say, equality and justice. It's difficult to believe that women are still violated, humiliated, forced into sex trades, beaten, burned with acid for one single reason: because they're women. It gives me a heartache and it's absolutely unacceptable.

What do you see as Canada's unique role in the betterment of women's lives?

There's still work to do, but we're so blessed here. When we have the means to become agents of

change — and I truly believe that it takes one person to start a contagious cycle of help and positive energy — I believe that here we have everything we can use to extend the help, to extend awareness.

Where do we still fall short?

Still on the wages (in the workplace). If you read the studies we're still not there. Aboriginal issues here are also huge for women. It's going to be a continuing battle, but I do think there is hope and that hope is in young girls and boys.

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Women hit hard in the 'manceession'

► Women became recession-proof after crisis hit jobs dominated by men ► Public sector cuts now hurt women

International
Women's
Day



The recession was once labelled a "manceession" after male-dominated areas such as manufacturing and finance bore the brunt of global job losses. But in the United States since the economic recovery officially began in July 2009, the majority of new jobs have gone to men, the country's labour department reveals.

It appears that women are no longer resistant to the pangs of recession. Since the summer of 2009, men in the United States have gained 438,000 jobs, while women have lost some 366,000.

Out of the 984,000 new non-agricultural job positions added from January 2010 to January of this year, a paltry 47,000 new openings went to women, U.S. Labor Department sources say. That works out to be less than five per cent of new jobs taken by women.

In the United Kingdom



► Despite female unemployment rising, women are happier than men.

women appear to suffer the most under economic hardship too. The number of men claiming unemployment benefit dropped by 5,400 between December '10 and January '11, but the number of women claimants rose by 7,800, the Office for National Statistics said.

Brendan Barber, general secretary of Britain's national trade union centre TUC, has blamed job losses in the country's government, employment and public sector.

"Female unemployment has been rising, with women having been hit by

falling employment in public administration and health," he said.

Despite this, women's happiness across the globe can indeed be recession-proof.

The Nielsen Happiness Study, found that women are happier than men in 48 of 51 countries surveyed in April 2008, and only in Brazil, South Africa and Vietnam were men found to be happier than women.

Women find happiness in relationships with friends and co-workers, while men are happier with money, the study revealed. ■ METRO

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► You've heard of placebo effects. Now meet the nocebo effect.

The pure power of negative thinking

► Research finds negative thoughts can block therapy to bring the pain you expect ► Learn about 'nocebos'

Spine surgeon Anders Cohen puts a lot of stock in patients' expectations of pain relief. He prefers to operate only on those who "grab you by the collar and say, 'I can't take it anymore.'"

New brain research proves doctors like Cohen are onto something: Pessimism can override the effectiveness of even powerful treatments.

You've heard of the placebo effect, the healing power of positive belief. This is the "nocebo" effect, the flip side, almost its evil twin. And while the self-fulfilling prophecy of negative thinking isn't nearly as well studied, some scientists say it's time for doctors to start paying a lot

Nocebo effect

While the researchers stress the importance of reinforcing positive thinking, they warn against false promises.

► The danger If you promise surgery patients they'll wake up free from pain you could set their recovery back when they discover normal pain associated with surgery.

more attention to their patients' outlook.

"We all know that many treatments work for some people but not for others," says neuroscientist Dr. Randy Gollub of Massachu-

sets General Hospital. Instead of stressing only the percentages, "say, 'I have every reason to believe that you could be one of the people who will respond.'"

Learning how anxiety influences pain is crucial to understanding this nocebo effect — how you get the pain you expect, said researcher and Oxford neuroscientist Irene Tracey, in the science of expectations in the journal Nature Medicine.

It's by no means a novel concept. Previous research has found people given a dummy pill can experience the side effects of the medication they thought they were getting.

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Tim Hortons will soon begin serving up smoothies in Canada as it attempts to shoulder its way into a trendy and growing but fragmented market for the healthy crushed-fruit drinks.

The restaurant chain that made its mark on the Canadian consciousness with the less-than-healthy combination of coffee and

doughnuts added pre-blended, mixed berry and banana strawberry fruit smoothies to its menu yesterday. Relative consumption is small — about 42 million smoothies per year in a marketplace that sees 6.5 billion meal occasions per year — meaning there's significant opportunity for growth.

THE CANADIAN PRESS



► Tim Hortons' smoothie



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Try some hot, spicy herbs. They promote increased circulation throughout the body.

► Cayenne Hot, spicy herbs promote increased circulation throughout the body — a key component to detoxification. Try filling a pair of salt and pepper shakers with turmeric and cayenne, and begin adding to salads, soups, pastas,

stir-frys, etc. Use sparingly at first until you have acquired a taste for them — then apply liberally to all your foods. Avoid using if you suspect an ulcer is present.

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Before worrying about sensitivity, perhaps many of you are first wondering **what is dentin**. That is a fair question.

The first thing to understand is that there are many **different layers to the human tooth**. The outer layer, known as the enamel, is probably the most well known layer.

Beneath the enamel is the dentin. It makes up the largest part of the bulk of the tooth and most of the calcium or bony part of the tooth can be found in this layer.

Beneath the dentin is the **pulp chamber**, which brings us to the root of the tooth. This is the portion where most of the nerves can be found within the tooth.

We are all accustomed to the idea that we will experience some pain when the root is exposed as a result of a cavity. Sometimes, however, people will feel a significant level of tooth pain even though they may not have an actual cavity. It may be that those people are experiencing **dentin sensitivity**.

To understand why you may experience sensitivity, you simply need to consider what your dentin is actually made of. Like other bones in your body, dentin is not a solid object. Rather, it **consists of tubules** which contain a plasma-like fluid. These tubules connect to the pulp chamber where the root and nerve are located.



Dr. Wayne Perron
Dental Surgeon

Even if the decay has not yet resulted in a serious cavity, **exposed dentin can cause pain to radiate to the nerve via these tubules**.

So what causes dentin sensitivity? Well, the bad news is that just because it may not be the result of an actual cavity, **poor oral hygiene** is usually part of the culprit. After all, **bacteria and plaque** are usually needed to get past the enamel and down to the level of the dentin in the first place.

Another factor may be a **diet that is high in acidic foods**. The acid in such foods can combine with any plaque or bacteria buildup to destroy the protective enamel. **Good oral hygiene practices and a reduction in acidity** can usually help prevent dentin sensitivity.

Treatment for dentin sensitivity will depend upon the severity of the condition. Many patients report an improvement in their condition simply by using **toothpastes** formulated to deal with sensitivity. **Regular fluoride treatments** are also helpful as they can strengthen the enamel and the dentin of the teeth by remineralizing them.

If these procedures do not work, you may require sealants to protect the exposed dentin. **Restorations, such as crowns**, may also have to be considered to protect the tooth if less invasive measures prove ineffective.

If you are experiencing sensitivity in your teeth, you should **mention this to your dentist**. Allowing the condition to persist may result in what may now be a minor inconvenience to develop into a much more severe, dental condition.

The reality is that you should consider even relatively mild sensitivity as a warning sign that your oral health is not in optimum condition. **Dealing with dentin sensitivity at an early stage might prevent the need for more serious intervention at a later date!**

And besides, addressing the first signs of dentin sensitivity is a healthy habit... and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

Let the detox season begin**► Four tips to safely flush any toxins from your body****DAILY SQUEEZE**

DR. ODESSA GILL

DR. GILL IS A NATUROPATHIC DOCTOR AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Patients ask me all the time whether they should undergo a detox. My easy answer is yes.

Today, more than ever, we are exposed to thousands of toxins in our environment. How can you tell if your body needs a cleaning? Symptoms such as indigestion, bloating, frequent headaches or a lack of energy are signs.

Here are my Top 4 tips for safe and effective detoxification.

Clean up your diet

What are eating every day?

Try keeping a journal for a week to get an accurate sense.

If your diet includes processed foods (white flour, sugar, hydrogenated fats or corn syrup sweetener), chances are you feel lethargic by mid-afternoon, short on brain-power and struggle to lose

weight. Gradually remove these foods and replace with whole grains, dark leafy greens, nuts and

seeds for added fibre and essential nutrients.

Keep hydrated

Water is absolutely essential for cleansing so if you are not a habitual water drinker, purchase an attractive stainless steel container and keep it on your desk and/or carry with you. Drink 1.5-2 litres daily. To boost alkalinity and cleansing, try adding half a squeezed lemon.

Keep in mind coffee and black teas are diuretics. Limit yourself to 1 cup per day, and enjoy green tea as a healthier source of long-lasting energy.

Stay active

Aim for at least 30 minutes of movement per day. Whether it is walking the dog or vacuuming, any consistent activity will help increase circulation and remove toxins.

To boost cleansing even more, try to sweat during your exercise to help flush toxins and stimulate your lymphatic system.

Hot yoga and saunas can be beneficial too, just 10 to 20 minutes daily.

Try some cleansing teas

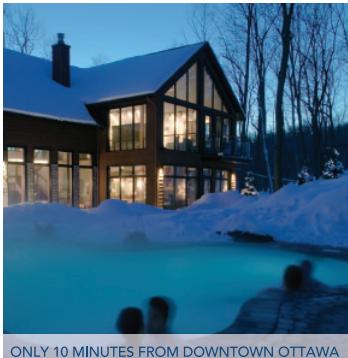
A few of the most common herbs for cleansing include: Milk Thistle, Dandelion Root, Schisandra (for liver detoxification), Burdock Root and Nettle (for any skin ailments).

While used for centuries and recommended by most natural health practitioners, always consult with a herbalist or Naturopathic Doctor before incorporating any of these herbs into your routine as they may interfere with some prescription medications.

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► Art-is-in Bakery serves up unique sandwiches and flawless pastries

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA


Psst. Wanna know a secret that many restaurants in Ottawa already know?

The best bread is being made by Kevin Mathieson and his team at the Art-is-in Bakery.

And in December, they opened up a take-out shop and bakery in a funky warehouse where you can sit on one of the stools at the window or on the couch and enjoy an amazing sandwich or a decadent almond brioche, macaroon or éclair.

The sandwich offerings aren't typical: duck confit

► Art-is-in Bakery

250 City Center
613-695-1226
Reservations: No
Client negotiations: No
Social lunch: No
Quick solo lunch: Yes
(take-out)
Hours: Tues - Fri (7 a.m. - 6 p.m.); Sat (8 a.m. - 4 p.m.); Sun (10 a.m. - 3 p.m.)
Price range: \$5
Rating: 5 out of 5



► Curry Chicken Sandwich (\$5.25) and a chocolate éclair.

BLT, curry chicken with green apples and crushed peanuts, crispy cod with tartar sauce, among others.

On this visit, I ordered the curry chicken, grilled

lightly and filled with a delicate tang, spice and crunch.

The bread was so buttery that it was nutty.

I couldn't resist the charm of the chocolate

éclair and wasn't disappointed by the irresistible choux filled with sweet chocolate pastry cream.

And now the secret's out. This is the best lunch take-away place in Ottawa.

CANADIAN PRESS HO

Mulled Cranberry Tea



EMILY RICHARDS
FOOD@METRONEWS.CA

namon sticks. Cover and cook on low for 3 to 5 hours.

2 Ladle into mugs and garnish with lemon slices and cinnamon sticks.

THE CANADIAN PRESS

Preparation:

1 In slow cooker crock pot combine juice, water, tea bags, cranberries, if using, sugar, lemon, cloves and cin-

namon sticks. Cover and cook on low for 3 to 5 hours.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 6 cups (1.5 L) cranberry juice
- 1 cup (250 mL) boiling water
- 2 tea bags
- 1/2 cup (125 mL) dried cranberries (optional)
- 1/3 cup (75 mL) sugar
- 1 large lemon, cut into 1/4-inch (5 mm) slices
- 6 whole cloves
- 4 cinnamon sticks
- Thin lemon slices and cinnamon sticks

Filling the diet book gap

► Rocco DiSpirito's new book transforms comfort food into healthy eats

Celebrity chef Rocco DiSpirito wants to turn a collection of healthy recipes into a lifestyle, and he wants people to feel bad about it.

The key to transforming comfort food into healthy fare is cutting calories while retaining the "sinful" feeling that comes from eating rich foods, he said last week in an Associated Press interview at the South Beach Wine and Food Festival.

"Fried chicken needs to feel bad."

"You need to crunch through that outer coating, you need to feel like you're committing a sin," he said, describing a recipe that involves poaching

chicken until it's almost cooked, then flash frying it so that it absorbs just a tenth of the oil of the conventional approach.

His new cookbook, Now Eat This! Diet is a follow-up to his bestselling Now Eat This! cookbook.

The new book combines a diet plan and recipes with shopping lists, menus and exercise advice, and though it joins countless other diet books on store shelves, DiSpirito said his offers a brand new approach.

"I think the professional chef who has a particular focus on flavour has been missing" from the diet book industry, he said.

DiSpirito, who rose to

fame at his Union Pacific restaurant in New York and later starred in the reality show, The Restaurant, said he thinks people are increasingly turning to celebrity chefs for guidance in eating healthier.

Healthy cooking is not just for the dietitians of the world, he said.

"We're the gateway to information on entertaining, cooking, food and wine, living large," he said. "We represent a lot of things to a lot of people."

"Now, we're becoming a resource for healthy eating. We all got old, some of us got healthy."

But DiSpirito also looks to his fans for help with his books, using social net-

working sites such as Facebook and Twitter to gather ideas.

What started as throwing out a request because he didn't know what else to post turned into a valuable way to gain insight into his audience, he said.

"I just wanted my book to one, have the most accurate information, and two, America's real preferences for the comfort food I was going to transform from the bad boys of food to real healthy food," he said.

"The main message was, 'We love our comfort food and we want it to be healthy ... but we would still eat it if it wasn't healthy.'"

THE ASSOCIATED PRESS



► Celeb chef Rocco DiSpirito.

PERSISTENCE WINS IN THE END

Names: Kimberley, 31, and Faron, 38

Current city: Youbou, B.C.

Together since: 2004

Their story:

I (Kimberley) was working at a paint store as a colour consultant, and Faron came in asking about colours.

When I went to his house to help him pick his palette, he picked me up!

I must have turned down lunch, dinner and drinks at least five times, but he kept showing up at my work every day with coffees for me and my staff.

I finally agreed to go out with him, and nine months



later we moved into the house that we had designed together.

Somehow, all of my stuff fit perfectly. Coincidence? I

don't think so!"
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CARE-ing for women's rights

With this year marking the 100th anniversary of International Women's Day, it's a nice time to reflect on the current state of gender equality.

Over the past century, women have overcome many challenges to achieve political, economic and social advance. Yet, there are still places where a person's gender affects their chances of reaching their full potential.

"The advancement women have made over the past 100 years is inspira-

International Women's Day



tional," said Kevin McCort, president and CEO of CARE Canada. "But let us not be complacent — the challenges women and men face today in reaching true gender equality should not take another 100 years to overcome."

CARE works directly with women and men

around the world who struggle daily against the underlying social, cultural and political drivers of sexual violence and gender inequality.

"Canada should be a leader in supporting UN Women, the new UN institutions dedicated to the advancement of women" said Louise Fréchette, former deputy secretary general of the UN and CARE Canada Board Director.

"We must set benchmarks, timelines and accountability for

Empowerment

► Canadians have been traditionally supportive of working with both women and men for women's rights, and CARE has been instrumental in making inroads into women's empowerment in such places as Afghanistan.

implementation, but most of all we need clear, decisive and urgent action. There is too much at stake."

● METRO

I've been married for more than a year and I kept my last name. My mother-in-law keeps dropping subtle comments about a name change. I'm only worried this will get worse once we decide to have children. What can I do?

Angela says ...

I kept my last name too and have been surprised at how many people just assumed I'd changed it. It's a personal choice. Do what feels right to you and your beloved. Maybe your mother-in-law is questioning your commitment to her family?

Derek says...

Sometimes in life you simply have to ignore other people. This is one of those times.

IGNORING YOUR MOTHER-IN-LAW MAY BE THE BEST OPTION IN THIS SITUATION

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS



THE HIPPIE MOM

Lili Meier

Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online.

Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

As a busy mom of two equally busy little ones, I do my best to encourage a 50-50 balance between structured activities in which they are actively learning new words, songs or skills and free time when they're busy exploring something or losing themselves in self-learning. What helps me a lot is simply responding to their cues. Children make it obvious when they want close interaction and when they want to be left alone to explore/play, and it's obvious that they learn

best when they're not tired (and cranky!). We've had the best results doing the active learning activities with them after breakfast, after their afternoon naps and right after dinner. Finally, get outdoors! We do as much walking/hiking and exploring as we can.

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever Executive Director, National Council of Negro Women Mother of two boys, Aidan, 7, and Guy, 14

I'd love to say that I was one of those super-regimented, do-it-all, guilt-free moms. You know the ones. Colour-coded family calendar-tot-ing, organically made-from-scratch cook-

BALANCING PLAYTIME WITH EDUCATIONAL ACTIVITIES



► Count the blocks, play and learn

ing, Room mom/Team mom/PTA Presidential material moms. But alas, I can't say I quite fit that bill. Instead, I see myself as just another one of those middle-of-the-road hard-working and even harder loving mothers. As

such, "balance" is not part of my vocabulary. Instead, I simply do the best to ensure that each day includes both learning and fun. Always at the back of my mind is the notion that childhood is fleeting. And so, though I

take seriously my responsibility to ensure that my boys engage in those activities that will build a strong educational foundation for success. I also place similar importance on making sure they have time to just be boys. Only then will they have the freedom to discover the wonder of imagination and creativity, and have the space to dream those dreams that may result in them living their passions in the years ahead.

THE STAY-AT-HOME MOM

Samantha Mellen Two boys: Lucas, 2, and Joshua, 4 months

My toddler is not the type to want to sit down and colour. He is a very active and busy boy who much

prefers playing basketball, chasing after our dog and playing cars. As much as I would love to have daily structured learning time with him, sitting down to work on shapes, letters or numbers is not something that would be fun for any of us. And I'm not about to force him to learn or work on his numbers, especially at the age of two. Instead, I incorporate learning into everyday activities and play. We count as we're walking up the stairs. We might roll the play dough into several sized balls and talk about the difference between big and small or count the blocks as we're building a high tower. So in fact, when he's playing, he's learning. When we're talking, he's learning. Kids should be kids.

How would you like to pay for that?

► A house lift or a facelift? Either way, how you pay depends on your financing personality

 **KELLY PUTTER**
LIFE@METRONEWS.CA

Whether you're eyeballing a facelift or a bathroom reno this spring, the type of loan you decide on is dependent on your own personal discipline level, says money expert Gail Vaz-Oxlade.

Highly disciplined people, she says, should use a line of credit because interest rates tend to be low and there's flexibility in paying it back. Poorly disciplined individuals who have trouble controlling their impulses would do better to take out a fixed personal loan because that can't be dithered with.

"Ultimately, how you finance anything comes down to how cheap you can get it and what's the kind of credit that's best suited to you," says the host of Slice TV shows 'Til Debt Do Us Part and Princess.

The thing about money, even investing, says Vaz-Oxlade, is we generally work hard at making it way more complicated



► For those who can't save, there are other kinds of piggy banks.

I'll buy that

Type of purchase: Renovate outdoors

Type of credit: Line of credit

Why: A line of credit will always be there so once you've paid for the new swimming pool you can access funds for a gazebo and once you've paid that off you can add a winding path through lush gardens and so on and so on.

Loan me?

Type of purchase: Exotic vacation to Turtle Island

Type of credit: Get a personal loan

Why: You've proven you don't really have the discipline to save for it by needing a loan in the first place, so a fixed-rate personal loan is best for you because clearly you need some control and restraint to help pay it off.

Charge it

Type of purchase: Laptop or personal computer

Type of credit: Credit card

Why: Find a card that has insurance that protects items that are lost or stolen and extends the warranty for an additional 12 months. This eliminates the need for buying additional warranties and insurance.

than it should be.

"When we talk about financial illiteracy in Canada, it exists because we keep throwing crap at them," says the book author and columnist. "They can't wade through all the crap to make a decision. Give people three steps and they're happy with that. Don't over complicate it."

Equity in your home is a good place to start if you're looking at borrowing more than \$10,000, says Lev Keselman, a senior

mortgage consultant with Verico Paragon Mortgage Group in Vancouver.

If a tummy tuck beckons, though, Keselman recommends getting an unsecured line of credit from the bank because "it's not even worth it to touch your home equity for that." The reason? Legal and appraisal fees will set you back about \$1,000.

A unique borrowing method that few Canadians think of but should be their life insurance

policies, says Vancouver financial adviser Mimi Tang.

Of course, you can always find more inventive ways to scrounge up the cash. Pat, who was living in Bloomfield, Ont., at the time, was in her '60s when she decided to sell her dining room furniture to finance a facelift.

"If you're going to have a facelift and you need the money, that would be the thing to do," says Vaz-Oxlade.

Line of credit, bank loan or credit card?

 **ALEX NEWMAN**
LIFE@METRONEWS.CA

Being cautious while spending money may sound like a contradiction in terms, but financial advisers are the first to recommend this for guilt-free shopping.

Karin Mizgala, CEO of Money Coaches Canada, a national network of financial professionals, has never been an advocate of borrowing, preferring to set aside funds for clothing,

travel or car repairs in advance.

But Mizgala also realizes that there are things such as a home, car or major renovation that leave no other option.

If you must borrow, make sure to shop around for the best interest rates.

Wolfgang Klein, senior investment adviser and vice-president at Toronto-based Canaccord, says secured credit lines offer the best rates, but require

an asset such as a house. An unsecured line of credit, on the other hand, only requires a good personal credit rating though the rate is a little higher.

Next best is a bank loan with a fixed lending period and payment amount, and is customarily used for cars, boats, special holidays, home renovations. You can also borrow to invest in RRSPs, though Mizgala doesn't advocate this unless "you're

financially very savvy, have maxed out your RRSPs, and have your home paid off." If the interest rates rise, and your stocks don't do so well, you'll end up with a negative balance.

When it comes to mortgages — which you need — Mizgala recommends sticking with a term of 25 years or less. The difference in monthly payments isn't significant, but you're paying a lot longer.

Credit cards are a last

option. While convenient for larger purchases like a computer, you'll get on a debt cycle if you don't pay the balance each month. The other proven danger with credit cards is that you end up spending 30 to 40 per cent more than with cash. Another similar trap to watch out for, Mizgala adds, is "buy now, pay later because you always think you'll be in a better position to pay it later." But there's something

that should be done before you head out to your nearest bank to load up on cash. "Think about your relationship to money, and we all have one," says financial therapist Amanda Mills of Loose Change, Toronto, who counsels people in understanding their money behaviour and their debt. Too often, Mills says, money is "driving the car, instead of being harnessed to accomplish what you really want with your life."

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Banking can be this comfortable





► Paying on credit when you don't have the cash can cause problems down the road, but new rules take the sting out of hefty interest rates.

Be a smart spender when it comes to credit cards

- New rules may help with weight of credit card payments
- Feds warn elderly are at greater risk of becoming victims of fraud



GILDA SWARTZ
LIFE@METRONEWS.CA

New federal government regulations, set in place last fall, may take some sting out of your credit card bills — if you pay your balance in full and on time most months.

Before September 2010 you may have had only a 15-day interest-free grace period to pay your bill, if you paid it in full, before being charged any interest.

Credit protection

Protect your credit card online.

- Install and update anti-virus and anti-spyware software.
- Do not respond to suspicious emails or websites requesting personal

information; report them to your financial institution.

- Monitor card statements frequently.
- Change passwords regularly.
- Keep copies of card numbers and issuer phone numbers in a safe place to report them lost or stolen.

Now you have 21 days from the date of the last purchase on your bill. If you had an outstanding balance from your

previous bill, the bite was extra painful, since issuers could charge interest immediately on all your new purchases as well.

Now you won't have to pay interest on the new purchases on your bill, if you pay it in full when due.

There are exceptions: interest is charged right away on cash advances or cash-like transactions such as a money order.

Borrow to get ahead. Really?

You may not have thought you could borrow to get ahead, but you can. By planning and taking small steps, you could pay your mortgage down faster, reduce your debt sooner, and save on what you owe. All of which can help make your long-term goals more achievable.

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TOP TAX QUESTIONS

If you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. If you don't know how, hire someone. Better yet, hire a professional to ensure you're filing correctly and capturing all relevant taxable activities and tax-saving opportunities.

What if I'm missing a form?

By law your tax forms, which are generated by your employer, bank or another issuing firm, must be filed with Canada Revenue Agency, so rest assured that your forms DO exist. You can request a replacement T4 or other tax slip by contacting the issuing agency.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law (for feder-

al tax purposes, you're considered common-law after living together for 12 months) you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep ALL your receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error (or if a new tax slip arrives late), you can submit a T1 Adjustment to the CRA.

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Teach the toddlers well

ISTOCK

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Financial literacy is the flavour of the month. The federal government's task force on the subject recently released a report full of common sense recommendations. But, so far, there is little money on the table for action.

Fortunately, one bank is ahead of the implementation game. Last week BMO launched a website to help parents raise financially literate children. Called SmartSteps for Parents (bmo.com/smartparents), it's a chock-a-block with tips, tools and techniques to engage kids, answer parental questions and even entertain with a series of reality-style webisodes showing real families dealing with money dilemmas.



► Many young Canadians today are growing up with a minimal understanding of finance, which may lead to serious issues in the future.

Disclosure: I am consulting expert to the initiative. Allying myself with a financial services firm is something I've avoided because my job is to analyze and inform, which can conflict with the business of money.

But I've always been an advocate for financial literacy. The lack of it among the young is one of the most serious issues facing our nation. So, I was delighted when BMO asked me to consult on SmartSteps for Parents.

On the site I'm teamed with psychotherapist and parenting expert Alyson Schafer, author of many best selling books. Schafer's straightforward

advice provides plenty of outside-the-box ideas for parents.

What I particularly like about the site is its practicality. Rather than a lot of theories, the focus is on a step-by-step approach to foster financial know-how.

The articles, interactive tools and games address key money issues for separate age groups ranging from ages five to 15. You'll also find:

Expert Blogs: Parents can interact with myself, Alyson Schafer and other parents who are often a valuable source of information.

The Zone: A place where tweens and teens can engage in activities in-

Money matters

- 54% of parents have talked with their children about household finances.
- 37% of parents aren't sure if their children have a grasp of money management basics.

Source: Leger Marketing

cluding online games.

Web Series: See real parents relate their own experiences teaching their children the basics of money. Schafer and I provide commentary and tips.

Check out the website. I'd love your feedback, which I'll pass on to improve the site as it grows.

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News worth sharing.

Should you go to summer school?

► Study abroad, focus your efforts or spread out your workload? ► But you may miss out on summer fun

 **DUNCAN
MCALLISTER**
LIFE@METRONEWS.CA

Meagan Lowes is in her first year of the animation program at Centennial College in Toronto.

"The program I'm currently in goes all through the summer," she says. "We don't stop and take semesters off."

Some colleges now offer bootcamp-style programs compressed into a full school year.

"Last summer I was working all summer, and I'm happy to be back in school again," says Lowes. "Being in a fast-tracking program is more of a benefit than not in my opinion, because I get done sooner. I don't lose any skills over the break."

Summer school pros

Some students take advantage of out-of-country travel-related courses, such as

studying art history in France. It's an opportunity to see the world that you might not be able to do during the regular term while taking other courses.

You can also concentrate your efforts without the distractions of the regular term.

According to Gerry Kendal, vice-provost and registrar at the University of Alberta, "A course that you need to get into and keep focus on, the best way to do it is when you're not interrupted by course demands in other areas. With the intense focus, you can do some tremendous work."

Summer school is an opportunity for you to make up classes. "We'll always have a component of students doing it from a program mitigation standpoint," says Kendal. "Either making up a course they weren't able to or decided

not to take, or possibly failed in a prior term, or maybe trying to get a step ahead by taking one to get a prerequisite."

You can also spread the workload over the year. For example, instead of taking five courses in the fall and winter, you might only take three or four courses, and pick them up in the spring and summer. Then you can still complete your degree in four calendar years.

Summer school cons

One reason some may not want to take summer classes is that you'll miss out on summer fun, as well as lucrative employment opportunities. It's lonely — your friends and family will be far away while you're toiling away on campus.

You may find it difficult to hold down a summer job while you're taking multiple courses. "There's no



► There are both pros and cons to going to school over the summer holidays.

way I can have a job and go to school at the same time — it's way too intensive," says Lowes.

But with the tightening job market resulting from a slow economy, summer school is a viable alternative. "It's been really hard to find work," says Lowes. "There are summer jobs

available but you have to look extremely hard to find them because people are really hanging on to the jobs that they have."

Taking the summer off allows some downtime that you might not get if you study year-round.

Cheryl Washburn, director of counselling services

at UBC, advises: "If you choose to take summer session courses, it's important to plan ahead to ensure that you get enough of a summer break to re-energize for fall courses. Also, because summer courses are more intensive, maintaining balance can be a challenge."

School's 'in' this summer

Willis College
www.ottawa.williscollege.com
Administrative Assistant diploma program: May 16 – September 9, 2010
The program provides students with exposure to the professional business environment. After finishing the program, students will have the skills needed to thrive in the industry. Strong focus is given to Microsoft Office Applications and Accounting applications that are used in today's offices.

Algonquin College
www.algonquincollege.ca

Pipeline Construction Safety Training: May 2 – Aug 8
This self-directed online course is designed to help the pipeline worker know how to respond to worksite health and safety issues by taking the worker through the entire pipeline construction process from beginning to end. This is a required certificate course for individuals working on a pipeline in Canada.

Yoga, Breath And a Good Night's Sleep: May 2 - Jun 13
In this experiential course, students learn

what causes stress and what happens to the muscles in the body when they become stressed. Students increase their flexibility, soothe their nervous system, and improve the overall health of their spine and muscles. This course addresses the topic of healthy sleep patterns, and students practice and learn techniques for getting a restful and sound night sleep.

Success Language School French for Beginners: Six-week mini-immersions start

ing every six weeks
Students will learn and practice the basic verb tenses up to conditional and future in both spoken and written form. Call 613.795.5773 to find out more.

Academy of Learning
www.academyoflearning.com
Medical Receptionist: May 2 – Sept 6

The course provides students with the knowledge of healthcare procedures, business concepts, medical office and medical terminology training and administrative skills. Upon completion, students will

be equipped to work in a wide variety of medical/healthcare settings.

Home Inspection: May 2 – Sept 6

This program is designed to prepare students with a wide variety of practical and technical skills and tools in home inspection industry. It covers all important aspects of the construction industry (roofing, structure, electrical inspection, heating, air conditioning, plumbing, exterior inspection, insulation, etc.) and provides

training that links with professional standards of the Canadian Association of Home and Property Inspectors and the American Society of Home Inspectors.

Everest Personal Support Worker: April - Nov 4

The goal of this career program is to help individuals master the required personal and occupational qualities needed to care for people living at home and in long term care facilities. Call 877.390.2799 for more information.



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A lesson in juggling

- Students should be mindful not to overextend themselves
- Here are a few tips on how to better manage your time and reduce frustration levels

 **KELLY PUTTER**
LIFE@METRONEWS.CA

If you're a college or university student who's choking on all you've bitten off, take heart because there's hope.

Juggling studies with work, volunteer and extracurricular commitments plus that all-important social life can be a maddening exercise in

post-secondary school psychosis.

But reducing your frustration and stress levels has more to do with how you think than mastering the agenda on your BlackBerry, says Catherine Hawn, a psychology professor at the University of British Columbia.

Hawn says students often struggle with the no-

tion that achieving balance means devoting equal time to each area in their lives. It doesn't. In addition, students need to realize that their goals will conflict and that they, unfortunately, can't have it all.

"If your goal is to do a summer course and get a high mark, that will compete with a totally fun-loving summer," she says, "so

recognize that and be ready for goal conflict."

Prioritizing your goals is critical to success as is outlining the concrete steps that will help you achieve your goals. Have specific actions you can check off each week.

"It takes planning and it takes maturity and not everyone can do that right away," says Hawn, who

teaches a course in academic success at U.B.C. "If someone's goal is to achieve an A in a course, then that requires a lot of planning and behaviours before that can happen."

If you're feeling stuck or anxious, think about where you're headed once you've obtained your degree or diploma.

ISTOCK

Some tips from your peers

Make it extra-curricular

"School can be an extremely stressful time for young adults, and I think it's important to choose extra-curricular activities that help you stay grounded and offer a break from the stress. For example, I nanny a toddler and it gives me a chance to laugh and play. The key to juggling commitments is to find a healthy balance between school, work and self-care," says Alex Haggert, 18, in second-year film studies at Carleton.

Highlight your life

"Learn to keep a timetable that includes all your activities — academic and personal — and stick to it. Structuring your time makes it easier to stay on track. I use different colour highlighters (i.e. blue for work, yellow for school, orange for social, pink for important) to make it easy to see what is happening in one glance," says Tanya Gul-

liver, 42, an environmental studies doctorate student at York University in Toronto.

Cross it off

"Being a grad student and being a T.A. is a 24-hour job. I'm attached to my planner. I'm also a list maker and I highlight it so I know it's done and that action of striking it out makes me feel rewarded," says Emily Burns, 23, doing a master's in gender studies at Queen's University in Kingston, Ont.

Ask for help

"Don't be afraid to ask for help. My family and friends have been my biggest support. Don't take too much on all at once and prioritize where you want to put most of your efforts," says Toni Campbell, 23, a fourth-year business student at the University of Calgary.

Move

"In first year, I stopped

working out so I could focus on school work and by December I started to get really depressed. This year, I'm doing hot yoga, ringette and running three or four times a week ... and it's definitely dropped my stress. My mood is better and I'm able to handle more things," says Jamie Humble,

19, a second-year science student at Grant MacEwan University in Edmonton.

Map your to-do's

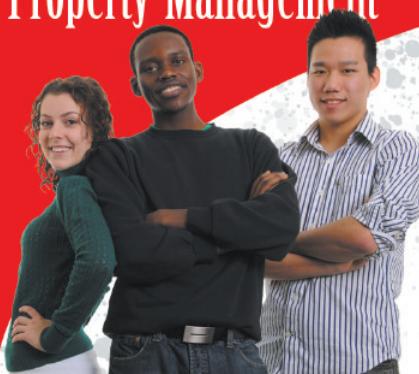
"I keep a map of my week in my brain. Student senate is always on Thursdays, my radio station work is on another day... I kind of show up at these places because I

know I have something to do there. I wouldn't recommend my method because it's not very healthy and I get confused sometimes," says Elamin Abdelmohamed, 22, a second year philosophy and gender studies undergrad at Queen's University in Kingston.



► Some struggles with time management may be temporarily outside of your control.

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metronews.ca

Add some intensity to your summer with art school

With the days growing longer and hopes of warm weather ahead, you may be dreaming of summer plans, lounging on the beach, leaping into a pool or, for a change of pace, jumping into an intense learning experience at a post-secondary school near you.

Many institutions offer concentrated arts courses geared toward students who wish to earn extra credit or simply tackle a topic of special interest.

Here's a sample. Unless otherwise noted, call the school or visit the institution's website for further details.

Algonquin College offers a short summer course in Adobe Illustrator, part of the Digital Web Studio, and Graphic Design.

In addition to a Creative Arts certificate and Digital Music Production certificate, Algonquin also offers a selection of personal interest arts courses on campus and online this summer, on topics varying from sports in society to creative writing, as well as intensive arts courses including nature photography and portrait drawing.

Go online for more information, at www.algonquincollege.com/parttime studies.

● KIM ZARZOUR

How to find free cash for school

- Don't think you can afford to pay for summer school?
- There are a number of options that can help you

DUNCAN MCALISTER
LIFE@METRONEWS.CA

How will you pay for summer school?

The best way to finance your summer school is to find "free money," such as grants, scholarships and bursaries that don't accrue interest and you never have to pay back.

Websites such as ScholarshipsCanada.com and StudentAwards.com can help you find them.

Government loans are the traditional way of financing your schooling. In Canada, academic funding is considered to be a partnership between you, the student, your parents and the government.

If you're a full-time summer student, taking 9.5 hours per week of classes, you can qualify for



the full-time, no-interest loan and don't have to pay it back until you're no longer full-time status.

There are provincial and federal student loans that you can apply for at the same time.

You can complete a single application online, and loans and grants from both governments will be calculated automatically. Visit CanLearn.ca for more information.

Look to the universities and their affiliates for other sources of funding.

For example, the U of A Student Union offers the Access Fund, a bursary based on financial need.

The fund is administered to U of A undergraduates on a case-by-case basis, requiring an interview to assess the student for shortfalls.

In any case, it is best to contact a student financial planner to help you make your choices and do your homework to research some of the many sources of funding available for your summer studies.

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4

sports

Senators preview

Senators at Devils
7 p.m.
TV: SNET-E
Radio: AM 1200



Ottawa (22-34-9) starts a four-game road trip as the worst team in the league. The Senators have 53 points, one fewer than Edmonton, as both teams look ahead to the summer draft. Ottawa has one win in three games since completing its roster purge at the trade deadline last week.



The roller-coaster season continues for New Jersey (30-31-4). The Devils, who had an atrocious start to the season, are on a four-game winning streak. A playoff spot is still unlikely — they trail eighth-place Buffalo by eight points.

THE CANADIAN PRESS



Scan code for more sports

Quebec rink brings buzz

- First-time team adds style and enthusiasm to Brier, and has solid start
- Manitoba's Stoughton and Alberta's Martin remain unbeaten so far



► Quebec skip Francois Gagne, right, looks on as sweepers Christian Bouchard and Philippe Menard ask for instructions yesterday at the Brier.

The Quebec rink is pumping up the volume and bringing a touch of style to the Tim Hortons Brier.

Team third Robert Desjardins bellows so loud on the ice you can hear him in the far reaches of the John Labatt Centre. Lead Philippe Menard wears a blue bandanna, one of the few curlers to stray from the standard look. Second Christian Bouchard looks hip in his trendy sneakers and skip Francois Gagne wears a baby blue belt with a shiny silver buckle.

They play with energy and passion and they're off

to a decent 2-2 start in their first Brier as a team.

"The people who are fans of curling like it when players show their emotion and show some different styles," Gagne said. "If we all look the same, we miss some colour in curling. We need that, I think. I'm not doing it on purpose, I'm doing it because I'm like that."

"I think people must let go of their emotion on the ice. Every sport needs that."

Quebec, which dropped a 7-5 decision to New Brunswick (2-3) yesterday

afternoon, has had a fairly light schedule so far. Still to come are the big guns from Alberta, Newfoundland and Labrador, and Manitoba.

Gagne is hoping to take advantage of the fact his opponents are not that familiar with the Quebec team.

"It's the perfect position when you're the underdog and people don't know you very much," Gagne said. "We have the tools to fight these guys, we have the tools to beat these guys."

The favourites have started strong in the round

robin, with Jeff Stoughton of Manitoba (5-0) and Kevin Martin of Alberta (4-0) on top with unbeaten records.

Martin extended his Brier winning streak to 30 games with a 9-2 rout of Prince Edward Island (0-5) while Stoughton topped Northern Ontario 8-4.

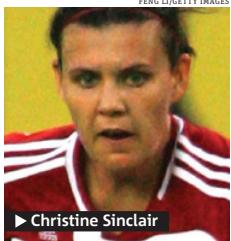
"We're just having a good time out there and soaking it all up," Stoughton said. "I think it helps when you're winning, obviously. But we feel good, we feel that when we go out on the ice that we're going to win."

THE CANADIAN PRESS

Canadian women reach final

15th

Rank of the Dutch, who the Canadians will face in the final. The Netherlands finished atop Group A. England (1-2) is ranked 10th in the world.



► Christine Sinclair

Canada continues to impress at the Cyprus Cup, defeating England 2-0 yesterday to advance to the final of the women's soccer tournament.

Captain Christine Sinclair and substitute Brittany Timko scored for the ninth-ranked Canadians, who improved to 3-0 at the tournament and 5-1

this year.

Canada has outscored its opposition 4-0 in Cyprus, all the more impressive considering the women have not played since the Four Nations Tournament in China in January.

Canada had needed a win or draw to advance to tomorrow's final.

THE CANADIAN PRESS

Spezza shines as Sens struggle

The Senators left Ottawa yesterday for a four-game road trip as officially the worst team in the NHL.

But even on a day when the news got even worse for their already-depleted lineup, they aren't without the odd bright spot in what's become the most dismal of seasons.

"There's a lot at stake still," said centre Jason Spezza, whose play alongside newcomer Bobby Butler is one of those positives.

"A lot of the young guys are learning and us older guys are learning, too. We have to dig deep and be good examples and play well every night," Spezza said. "If we can win some games with the group we have now, it'll give guys confidence going into next year, knowing that we can beat some good hockey clubs."

The Senators were surpassed by the Edmonton Oilers in the overall standings over the weekend and sit 30th in the NHL, although they've played one less game than the Oilers.

Yesterday, they announced that Peter Regin will miss the next four to six months after undergoing shoulder surgery, while fellow forward Milan Michalek is out at least a month with a broken foot and defenceman Matt Carkner is also gone for at least a couple of weeks because of arthroscopic knee surgery.

That leaves a player like Spezza in unfamiliar surroundings, but he's making the most of them.

Spezza was always counted upon to produce points, but these days he's also expected to be a teacher, role model and all-around leader while playing out the remainder of the season.

He's lost his regular linemates Michalek, who fractured his left foot after being hit with a shot by Spezza, and Daniel Alfredsson, who's sidelined indefinitely with a back injury, but has played his best hockey of the season recently since returning from his own injury troubles.

"It's a different mindset and a different atmosphere," said Spezza, who watched as veterans and longtime teammates Mike Fisher, Chris Kelly, Jarkko Ruutu, Brian Elliott, Alex Kovalev and Chris Campoli all left the club before the trade deadline.

THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	65	40	19	3	3	208	174	86	20-10-2	20-9-2	4-5-1-0	L4
d-Boston	65	38	19	3	5	199	152	84	16-12-2	22-7-3	7-1-0	L1
d-Washington	67	37	20	5	5	178	167	84	19-8-2	18-12-0	8-2-0-0	W5
Pittsburgh	67	38	21	5	3	193	166	84	20-11-2	18-10-3	3-3-3-1	W1
Tampa Bay	66	37	21	3	5	196	200	82	21-9-3	16-13-2	3-4-0-3	L4
Montreal	66	36	23	4	3	176	167	79	20-8-3	16-15-10	6-3-0-1	W4
NY Rangers	68	35	29	2	2	193	164	74	15-17-1	20-12-10	5-5-0-0	W2
Buffalo	65	32	25	7	1	189	172	72	14-15-2	18-10-5	5-3-1-1	L1
Carolina	66	31	26	4	5	191	201	71	18-10-3	13-16-3	5-4-0-1	L1
Toronto	66	29	28	4	5	173	202	67	15-12-4	14-16-11	6-1-1-2	L1
Atlanta	66	27	28	4	7	184	214	65	14-14-5	13-14-2	3-6-0-1	W1
New Jersey	65	30	31	3	1	139	168	64	15-13-2	15-18-0	9-1-0-0	W4
Florida	66	26	31	4	5	165	184	61	12-13-5	14-18-0	2-6-2-0	L5
NY Islanders	67	25	32	5	5	184	212	60	14-15-4	11-17-4	4-3-2-1	L1
Ottawa	65	22	34	5	4	147	206	53	11-18-2	11-16-3	5-4-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	67	42	16	4	5	216	155	93	23-7-1	19-9-3	6-4-0-0	W1
d-Detroit	66	39	19	5	3	219	193	86	17-10-2	22-9-2	5-3-1-1	L3
d-San Jose	66	38	22	4	2	185	167	82	17-11-2	21-11-2	8-2-0-0	L1
Chicago	66	37	23	2	4	218	183	80	21-14-0	16-9-3	9-1-0-0	W8
Calgary	68	35	24	3	6	207	193	79	21-10-3	13-14-2	7-2-1	W2
Phoenix	67	34	23	6	4	191	194	78	16-11-2	18-12-3	5-4-0-1	W1
Dallas	65	25	23	3	4	180	182	77	18-9-2	17-14-1	4-5-1-0	W1
Los Angeles	65	36	25	2	2	180	159	76	20-11-0	16-14-1	6-3-0-1	L1
Anaheim	66	35	26	3	2	182	193	70	20-11-1	15-15-2	4-5-1-0	L1
Minnesota	66	34	25	2	5	171	174	75	16-13-3	18-12-2	4-4-1-1	W1
Nashville	66	33	24	5	4	167	156	75	15-7-4	18-17-2	3-5-1-1	L1
Columbus	64	31	21	6	3	176	191	69	16-13-2	15-13-2	5-3-0-2	L4
St. Louis	65	28	27	5	5	177	194	65	18-11-3	10-17-3	3-7-0-0	L4
Colorado	65	26	31	7	1	185	224	60	14-16-4	12-15-3	1-7-1-1	W8
Edmonton	66	23	35	1	7	169	215	54	12-19-3	11-16-3	7-3-0-0	W3

d – division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Washington 2 Tampa Bay 1 (SO)
Columbus at St. Louis
Dallas at Los Angeles
Sunday's results
Calgary 3 Nashville 2
Vancouver 3 Anaheim 0
Buffalo 3 Minnesota 2 (OT)
New Jersey 3 N.Y. Islanders 2 (SO)
N.Y. Rangers 7 Philadelphia 0
Washington 3 Florida 2 (OT)

Tonight's games

Ottawa at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.
Edmonton at Philadelphia, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Boston at Montreal, 7:30 p.m.
Chicago at Florida, 7:30 p.m.
Colorado at Minnesota, 8 p.m.
Vancouver at Phoenix, 9 p.m.
Nashville at San Jose, 10:30 p.m.

Shots

Nashville 9 4 10 23
Calgary 9 13 14 36

Goal – Nashville: Rinne (L1,23-3-2); Calgary: Kiprusoff (W,31-20-15). **Power-plays (goals-chances)** – Nashville: 0-3; Calgary: 1-2. **Referees** – Steve Kozari, Justin St-Pierre. **Linesmen** – Michel Cormier, Brad Lazarowich. **Attendance** – 19,289 (19,289).

SCORING LEADERS

G A PT

D.Sedin, Vcr 34 47 81
Stamkos, TB 41 37 78
H.Sedin, Vcr 15 61 76
St.Louis, TB 24 51 76
Zetterberg, Det 18 51 69
Perry, Ana 21 37 68
Ovechkin, Wash 25 43 68
Crosby, Pgh 32 34 66
Iginla, Cal 30 36 66
Toews, Chi 27 38 65
B.Richards, Dal 24 39 63
Koipitar, LA 20 43 63
E.Staal, Car 29 33 62
Sharp, Chi 33 28 61
Eriksson, Dal 23 38 61
Selanne, Ana 21 39 60
Giroux, Pha 21 38 59
Kesler, Vcr 33 25 58
P.Kane, Chi 21 36 57
Havlat, Minn 20 37 57
Nash, Cb 29 27 56
J.Carter, Phi 28 27 55
Tavares, NY 24 31 55
Vanek, Buf 23 32 55
M.Richards, Phi 19 36 55
Backstrom, Wash 17 38 55
Ryan, Ana 30 24 54
Tanguay, Cal 18 36 54
J.Thornton, SJ 16 38 54
Lidstrom, Det 13 41 54
Yando, Phx 10 44 54
Heatley, SJ 22 31 53

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

GP W D L GF GA Pts

Man United	29	17	3	6	63	30	86
Arsenal	28	17	6	5	57	27	87
Man City	29	15	8	6	45	25	85
Chelsea	28	15	6	7	51	24	84
Tottenham	28	13	9	6	41	34	81
Liverpool	29	12	6	11	39	36	80
Bolton	29	10	9	4	32	40	79
Sunderland	29	9	9	11	33	35	76
Newcastle	29	8	9	11	44	41	76
Everton	28	8	12	8	37	37	76
Fulham	29	7	14	8	32	31	75
Stoke	29	10	4	15	32	38	74
Aston Villa	29	8	9	12	37	50	73
Blackburn	29	9	5	15	37	49	72
Blackpool	29	9	5	15	43	52	71
West Brom	29	8	8	13	39	54	71
West Ham	29	7	10	12	36	49	70
Birmingham	27	6	12	9	26	38	69
Wolverhampton	29	8	5	16	34	49	68
Wigan	29	5	12	12	27	50	67

Yesterday's results

Blackpool 1 Chelsea 3

SCOTLAND

PREMIER LEAGUE

GP W D L GF GA Pts

Celtic	28	21	4	3	61	17	86
Rangers	26	20	2	4	58	23	85
Hearts	28	17	4	7	41	24	85
Kilmarnock	28	12	6	10	42	33	83
Dundee United	29	9	10	7	33	22	82
Motherwell	29	11	4	14	31	38	81
Inverness	29	9	11	39	37	36	80
Hibernian	29	9	5	15	35	41	79
St. Johnstone	28	8	8	12	38	34	79
Aberdeen	29	9	4	16	31	47	78
St. Mirren	28	5	7	16	22	45	77
Hamilton	28	2	9	17	16	48	75

Yesterday's result

Dundee United 3 Aberdeen 1

SPAIN

LA LIGA

GP W D L GF GA Pts

Barcelona	24	21	1	2	78	73	81
Real Madrid	27	21	4	2	65	20	79
Valencia	27	16	6	5	74	59	78
Villarreal	27	15	5	7	46	29	76
Athletic Bilbao	27	13	2	12	32	38	74
Espanyol	27	13	1	3	35	39	73
Atletico Madrid	27	11	5	11	39	35	72
Real Sociedad	27	11	2	4	34	38	71
Mallorca	27	10	4	13	28	37	69
Getafe	27	9	6	12	36	41	68
Levante	27	9	4	14	28	38	67
Deportivo La Coruna	27	7	10	13	23	36	61
Osasuna	27	7	8	12	27	32	60
Sporting Gijon	27	6	11	10	25	34	59
Zaragoza	27	6	9	12	24	39	58
Hercules	27	7	5	15	25	41	57
Almeria	27	5	10	12	28	45	56
Malaga	27	6	5	16	34	59	55

Yesterday's result

Deportivo La Coruna 2 Real Sociedad 1

EUROPEAN CHAMPIONS LEAGUE

First Leg

Today's games

Barcelona (Spain) vs. Arsenal (England), 2:45 p.m.

Shakhtar Donetsk (Ukraine) vs. AS Roma (Italy), 2:45 p.m.

Tomorrow's games

Slavia Prague (Czech Republic) vs. Inter Milan (Italy), 2:45 p.m.

Manchester United (England) vs. Marseille (France), 2:45 p.m.

Real Madrid (Spain) vs. Lyon (France), 2:45 p.m.

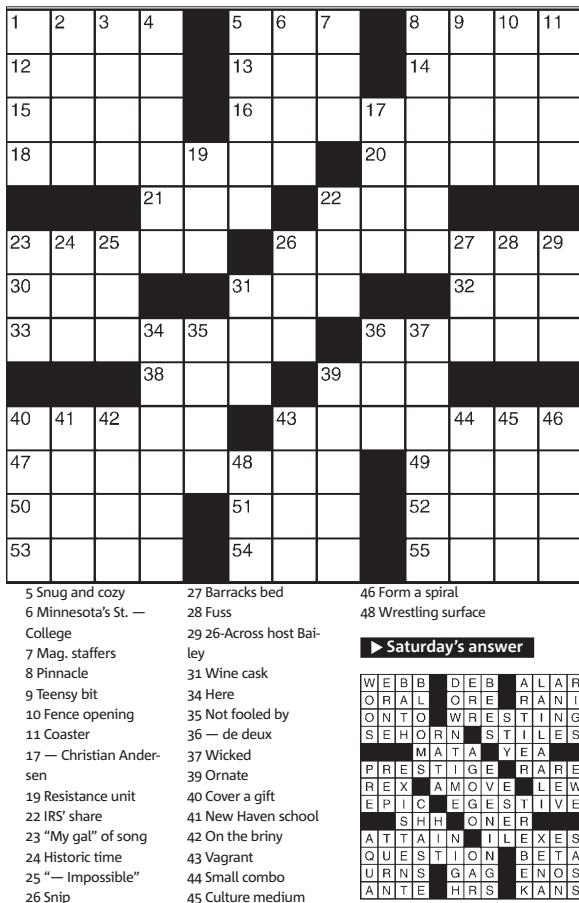
Atletico Madrid (Spain) vs. Lyon (France), 3:45 p.m.

Real Madrid (Spain) vs. Lyon (France), 3:45 p.m.

Crossword

Across
 1 Rock band, Motley
 5 Miler Sebastian
 8 Sudden swerves
 12 Stereo setup
 13 Antique
 14 And others (Lat.)
 15 Enthusiastic, plus
 16 Gushy love letter
 18 Write quickly
 20 Intended
 21 Your
 22 Explosive letters
 23 Tremor
 26 NYC-based TV game show
 30 Illustrations
 34 Formalwear, for short
 32 Praise in verse
 33 Attack with words
 36 Parody
 38 Hostel
 39 Blower
 40 Marshal Earp
 43 Pound sign, on Twitter
 47 1950 Kurosawa classic
 49 Unbridled revelry
 50 Sheltered
 51 "Dancing With the Stars" network
 52 Taleteller
 53 Bosc or Bartlett
 54 Plaything
 55 Days gone by

Down
 1 Neighbor of Sudan
 2 Latvia's capital
 3 Fleet from far away?
 4 Skating figures



5 Snug and cozy
 6 Minnesota's St. —
 College
 29 26-Across host Bailey
 7 Mag. staffers
 8 Pinnacle
 9 Teensy bit
 10 Fence opening
 11 Coaster
 17 — Christian Anderson
 19 Resistance unit
 22 IRS' share
 23 "My gal" of song
 24 Historic time
 25 — "Impossible"
 26 Snip

27 Barracks bed
 28 Fuss
 46 Form a spiral
 48 Wrestling surface

► Saturday's answer

W	E	B	B	D	E	B	A	A	R
O	R	A	L	O	R	E	R	A	N
O	N	T	O	W	R	E	S	T	I
S	E	H	O	R	N	S	T	I	L
M	A	T	A	Y	E	A			
P	R	E	S	T	I	G	E	R	A
R	E	X	A	M	O	V	E	L	E
E	P	I	C	E	G	E	S	T	I
S	H	H	O	N	E	R			
A	T	T	A	I	L	E	E	X	E
Q	U	E	S	T	I	O	N	T	A
U	R	N	S	G	A	G	E	N	O
A	N	T	E	H	R	S	K	A	N

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope



Aries March 21-April 20 You may think that you don't have to try too hard, and maybe you don't. But don't leave many things to chance or the results may not be to your liking.

Cancer June 22-July 22 There are events going on behind the scenes that you cannot possibly know about, so don't assume that things will work out as they always have. Be ready to watch and learn.

Leo July 23-Aug. 23 The more people say you can trust them today, the more you should be on your guard. It's unlikely they are trying to mislead you, but it's possible that they don't know what is really going on.

Virgo Aug. 24-Sept. 22 Opportunity is about to come knocking and when it does, you must grab it with both hands. Having said that, one particular offer may look too good to be true, so listen to your sixth sense.

Gemini May 22-June 21 You are under no obligation to go out of your way to help people and anyone who tries to convince you that you owe him or her your time, or even your money, is not to be trusted. Real friends don't make such demands.

Libra Sept. 23-Oct. 23 The more time and energy you have put into a project, the more reluctant you will be to give up on it. However, the planets indicate you've gone as far as you can with it. It's time to move on.

Scorpio Oct. 24-Nov. 22 By all means kick up a bit of a fuss today, especially if someone you thought you could trust lets you down at the last moment. However, notice the words "a bit".

Sagittarius Nov. 23-Dec. 21 Avoid the temptation to point out the holes in someone's plans because he or she won't take kindly to you being so negative. It's his or her life — and mistakes.

Capricorn Dec. 22-Jan. 20 You do best when you have a plan of action that will get you from where you are to where you want to be by the quickest time and shortest route. Don't change that today.

Aquarius Jan. 21-Feb. 18 There is a danger that you'll try too hard to make a good impression and turn people off. Be who you are and let fate take care of the rest. If it's meant to be, it will be.

Pisces Feb. 19-March 20 You may be tempted to tell a friend what he or she wants to hear rather than what he or she needs to hear. Don't do it. It's best to get bad news over with quickly rather than letting it drag on. • SALLY BROMPTON

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Sudoku

			1			6		
4	5					8		
	6			9		1		
3	5	2	7			6		
7						2		
6			9	8	7	4		
1		7			5			
2					7	3		
4			2					

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Binko,
I love you with all my heart. I know things are hard right now, but together we can make it. We can have all our dreams come true.
LOVE BINKA

Boo, *I just want you to know how much I love you. We have been through a lot and it shows me how strong our love can be! Let's focus on the present! Love you always, YOUR ONE AND ONLY!*

Miss Boombastic *you're superfantastic. FYI your hips NEVER lie... To one spunky Lady PANTYHOSE!!!! YOUR MAN OF THE MONTH. HC XOX*

Hola Mi Mariposa, *I was a fool to let you go. You are the best thing to ever happen to me. I'm ready to give it another shot, if you'll have me. WILL*

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	5	6	9	2	3	4	1	7
2	1	7	8	4	5	3	9	6
9	3	4	7	6	1	5	8	2
1	8	3	2	9	7	6	5	4
6	9	5	1	3	4	2	7	8
7	4	2	5	8	6	9	3	1
3	2	8	6	7	9	1	4	5
5	7	9	4	1	2	8	6	3
4	6	1	3	5	8	7	2	9

Today



-3°/-10°
Mainly sunny

Wednesday



0°/-2°
Flurries
40%

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Caption contest



"I'm the Green Hornet's cousin, Flying Grasshopper."
JOANNE CHADEESINGH

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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ANTIGUA via Toronto
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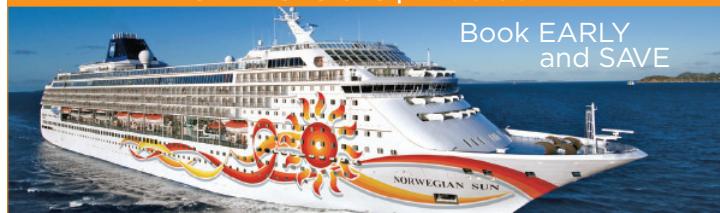
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